

ABSTRACT

An aquatic exercise apparatus and method therefor comprised of two flotation devices connected by a plurality of tube members that can be easily and inexpensively adjusted by length and angle, allowing a person to swim by cranking two flotation devices while kicking his or her feet. Preferably, PVC tubes and PVC elbows are used so that the overall length of the aquatic exercise device and the length between a first handle and a second handle can be easily and inexpensively adjusted by substituting PVC tubes of different lengths and PVC elbows of different angles. In this way, swimmers of different sizes can use the same aquatic exercise apparatus by adjusting it to their preference. Additionally, a single swimmer can adjust the aquatic swimming apparatus in order to focus on different muscle groups.